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Every Last Crumb: Paleo Bread And Beyond



Synopsis

Everybody loves bread! This fluffy, crusty favorite is a staple in so many cultures around the world, yet sadly, it is one of the first items people remove from their diet when they need or choose to transition to a gluten-free or Paleo diet. Many are left with a dietary dent that is not easily filled. Get prepared to have your life changed. Every Last Crumb will take you down a revolutionary bread-making road with recipes that look, smell, and taste like their gluten-filled counterparts. These recipes use healthier ingredients, and many of them are accessible to those with dietary restrictions. Dairy-free? Egg-free? Nut-free? Every Last Crumb has you covered. You will be exposed to coconut flour, almond flour, and chestnut, plantain, and sweet potato flours, which will open your eyes to new ways of making healthy and tasty breads and other baked goods. Experience favorites that you won't find anywhere else, from grain-free croissants and puff pastries to easy-to-prepare sandwich breads, soft pretzels, bagels, rolls, and more. Transform your healthy diet into a magical feel-good experience with no guilt. You'll find yourself eating Every Last Crumb and then some. Finally, you can experience comfort food the right way! Inside this book you'll find: More than 150 recipes for all types of baked goods, both sweet and savory Lots of egg-free, nut-free, yeast-free, and lower-carb options for those with dietary restrictions Classic, everyday breads like sandwich bread, hamburger buns, and dinner rolls Specialty breads like lavash, naan, arepas, and tortillas Breakfast treats like bagels, muffins, donuts, scones, waffles, pancakes, and even croissants and danish A variety of burgers and sandwiches, along with condiments to top them Chips, crackers, and pretzels to satisfy every snack craving Desserts for every occasion, from cookies and brownies to decadent cakes An informative overview of grain-free baking ingredients A helpful section of baking tutorials, with tips on measuring ingredients precisely and proofing dough

Book Information

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Customer Reviews

This book, for a Paleo family, is truly a must-have. Most recipes conform to or can easily be altered to fit a Paleo lifestyle. Other recipes are suitable for children in a Paleo home whose parents don't want to be so strict with their children's diet, which is prudent and understandable. Sometimes even I feel like having a cheat and this cookbook offers some of the most awesome alternatives to a cheat! I'm not missing a thing! This cookbook is NOT a "Paleo" cookbook so reviews ranting and complaining of such are in error. I don't feel as though it is misrepresenting in its contents. Whole 30 just added white potatoes as allowable which has me shaking my head, but being a non-Paleo-specific cookbook, potatoes are allowed in it just as well as anywhere else. This cookbook is gluten-free and adheres to the strict principles of that. This makes many recipes very-well suited for strict Paleo folks. I have followed Brittany for nearly two years, when I began Paleo. She offers recipes of comfort foods that are so important in making those on restricted diets feel totally unrestricted! The photos are FABULOUS! This, being her first book ever, is beyond what I expected. I rely on her to make all the expensive mistakes in HER kitchen so I don't waste ingredients in MY kitchen. I recommend this cookbook without any hesitation. It's NOT all Paleo, but so many of the recipes are fully Paleo or can be simply altered to become Paleo. Like any cookbook I have ever owned, I will never create every single recipe anyway. I love looking through it over and over, drooling over the photos and admiring the dedication and love that went into creating it. This cookbook will help thousands, if not millions, of people live with health conditions that require special dietary needs.

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